

THE STREAMLINE

Des Moines Swimming Federation Monthly Newsletter



SAVE THE DATE: AGE GROUP CHAMPS FEBRUARY 16-19

★ Volunteer Requirement

Our whole team benefits from hosting this meet at the Wellmark YMCA. This event will take our entire swim family to be successful, even if your swimmers aren't swimming. **Volunteer sign-up is coming soon!**

YOU'RE INVITED: MON, JAN. 16 BOARD MEETING

Look for an email with details to join virtually at 7:30 p.m.

DMSF BOARD NEWS

2023 NEW BOARD MEMBERS

- Julie Chen (Swimmers: Landon & Leighton)
- Jennifer Hasset (Swimmer: Sassy)
- Mary Ramaeker (Swimmer: Quinn)

2023 DMSF BOARD EXECUTIVES

- **President:** Alissa Smith
- **VP:** Stacey Artikov
- **Treasurer:** Marcia Treichel
- **Secretary:** Stu Wilson

A HUGE thank you to outgoing treasurer **Matt McDevitt** and board member **Jeff Fisher** for your service!

SHORT COURSE TEAM MEETS

Jan 7-8

Rams Blizzard Blast
Wellmark YMCA

Jan 13-15

KC Blazers Invite*
Lenexa, KS
13 & Up Travel Meet

Jan 27-29

Winter Blues Buster
Wellmark YMCA

Feb 10-12

Winter Regional Champs
Wellmark YMCA

★ **Feb 16-19** ★

Age Group Champs
Wellmark YMCA

Feb 22-26

Senior Champs
University of Iowa

Mar 9-12

Speedo Sectionals*
Fargo, ND

Mar 21-25

ISCA Senior Cup*
St. Petersburg, FL

*Qualifiers Only

[See complete details.](#)



COACH'S CORNER

BE SMART ABOUT YOUR 2023 GOALS

By Coach Landon



Swimmers should have short, medium and long-term goals, and these can be broken down into:

- **Outcome Goals** (Ex. Beat a personal best)
- **Performance Goals** (Ex. complete an event in a certain number of strokes)
- **Process Goals** (Ex. Attend every practice, eat well, etc.)

The SMART acronym is a tool you can use to plan your goals.

Specific: 'Swim faster' shouldn't be your only goal; define it

Measurable: Have criteria for success to track your progress

Attainable: Is your goal something you can reasonably accomplish? Start with small goals to gain confidence!

Realistic: Each swimmer is unique. Decide on a goal that is realistic for you.

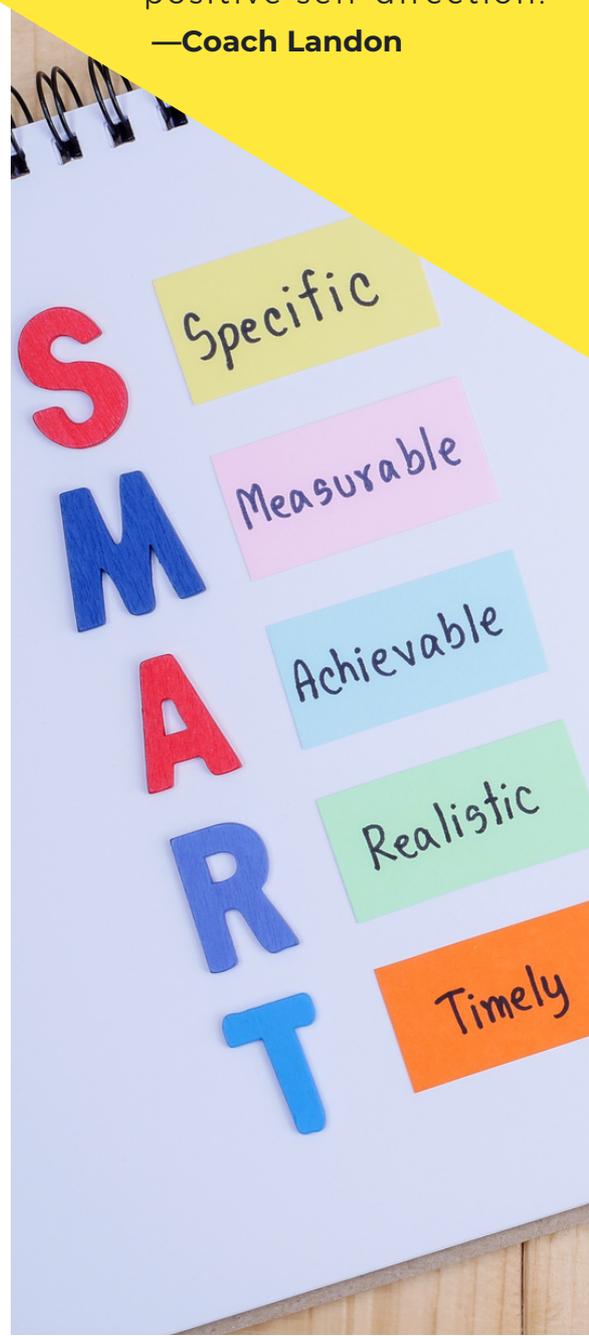
Timely: Have an end date. Is your goal a monthly one or for the whole season?

Work with your coach in the new year to make sure your 2023 goals are SMART!



Goal-setting helps focus on what's important and gives a sense of control and positive self-direction.

—Coach Landon





ON-THE-GO OPTIONS

By Sue Honkamp
Owner, Real Food 4 Kids



GO-TO FAST FOODS

When you're on the go and short on time, here's some healthier options at popular fast food restaurants:

- **Chipotle:** Burrito bowl with protein, rice, beans, salsa, guacamole & lettuce
 - **Subway:** Sandwich with meat, cheese & veggies
 - **Jimmy John's:** Turkey Tom on wheat bread
 - **Panera:** Pick 2 half salad/ half soup
 - **Starbucks:** Oatmeal with egg white & roasted red pepper egg bites
 - **Chick Fil A:** Market salad
 - **Hummus Mediterranean Grill:** Chicken shawarma bowl with rice, lettuce, cucumbers, tomatoes, feta, hummus & tzatziki
- **Jason's Deli:** Sandwiches & salads
 - **Noodles and Company:** Whole grain linguini or zucchini noodles with chicken
 - **Bruegger's Bagels:** Breakfast sandwich with egg or egg white, turkey sausage & cheese

At Real Food 4 Kids, we educate kids about food and how to prepare it, giving them the tools to develop life-long habits to be happy, healthy, confident and capable.

www.realfood4kids.com



REALFOOD4KIDS



REAL_FOOD_4_KIDS

ICYMI: QUICK LINKS

- **Have questions?**
[Check out the coach virtual hours & parent ambassadors](#)
- **Want to help DMSF?**
[Sign up for a DMSF committee](#)
- **Want to support the swim community?**
[Become an Iowa Swimming official](#)
- **Need a hotel room for senior champs in Iowa City (ages 15+) in February?**

See links*:

- [Element](#)
- [Hilton](#)

*Based on availability.

REMINDERS



Don't forget to **dress warm** to meets and practice as temps drop.

Always **bring water** to meets and practices to stay hydrated!



[Click here to be added to DMSF's private Facebook group.](#)

DMSF is Hiring

If interested in part-time coaching email asmith@desmoinesswim.org.

WERE HIRING
ASSISTANT COACHES



DSMY SNOWGLOBE INVITE



DMSF + CIA DUAL MEET



OUR SPONSORS

